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MCCONAUGHEY IS JUST ONE OF MANY NON-NERDY CAMEOS. PAGE 21

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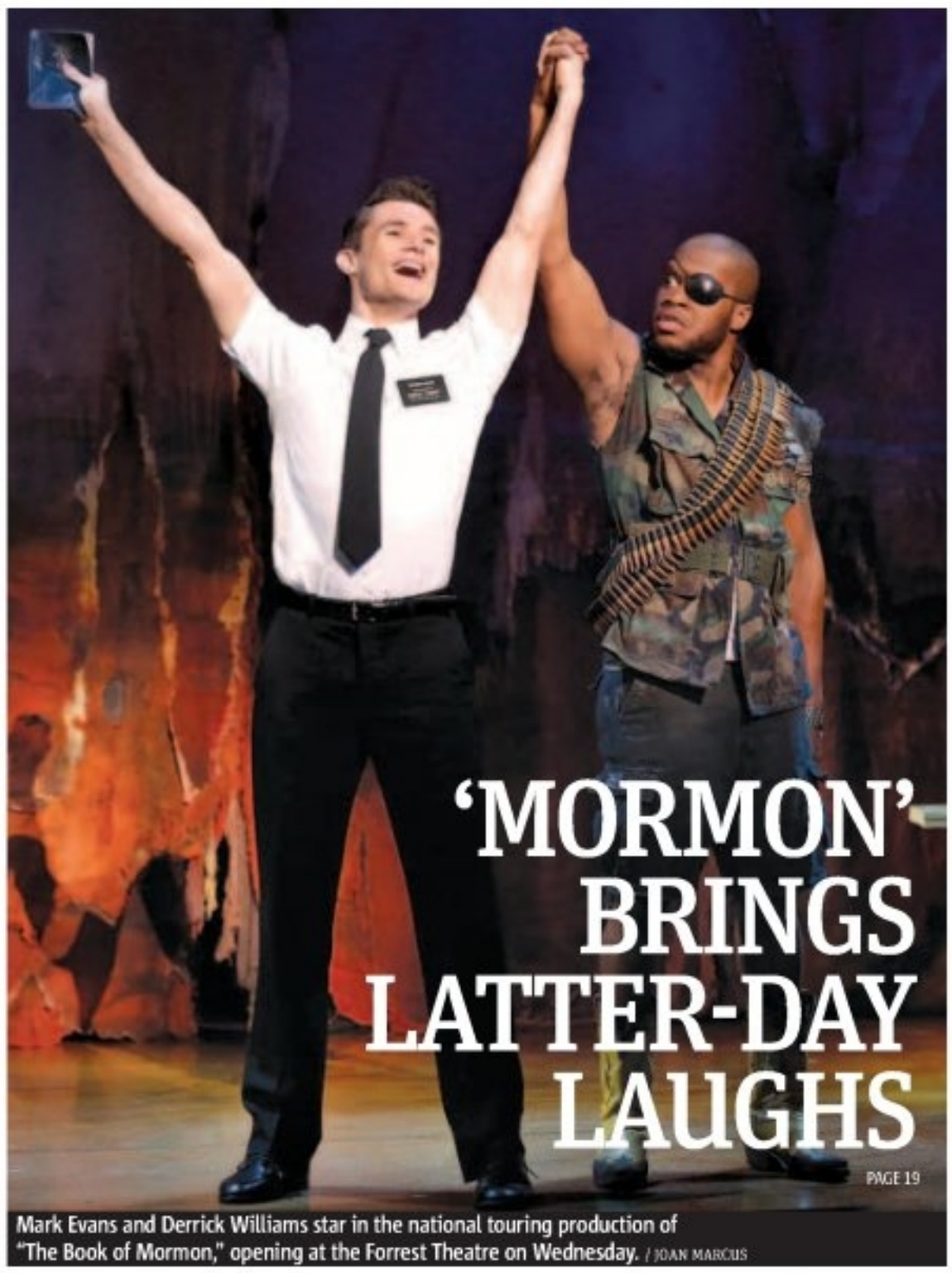
Boxer Bernard Hopkins may be next owner of Frazier gym

Exclusive. The Philadelphia prizefighter tells Metro he's working on making a bid for Joe Frazier's legendary former gym in North Philadelphia, but he needs the support of the city and the community. The lease on the gym, now a discount furniture store, is up next year. "People don't know it ain't that easy," he says. PAGE 02



'MORMON' BRINGS LATTER-DAY LAUGHS

PAGE 19

Mark Evans and Derrick Williams star in the national touring production of "The Book of Mormon," opening at the Forrest Theatre on Wednesday. / JOAN MARCUS

Archdiocese: The Pope is coming in 2015

PAGE 04

Prosthetics pro finally gets chance to 'Face Off'

PAGE 18

Men's room or women's room? How about both?

PAGE 23

Parents: Concerned about your child between the ages of 12-25 who is using drugs or drinking? The Family Training Program may be able to help!

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Part of the Parents Translational Research Center of the Treatment Research Institute, in collaboration with The Partnership at Drugfree.org. Funded by the National Institute on Drug Abuse.

1 NEWS

Quoted

"Truthfully, unless you have celiac disease ... you probably don't know what gluten is .... You're most likely listening to some half-truths written in a book by some doctor who is more concerned with the width of his wallet rather than the width of your waistline."

Philadelphia-based chef Marc Vetri, in a piece he wrote called "I'm Gluten Intolerant... Intolerant," for Huffington Post's blog, Food for Thought

Top 3

What's trending online at Metro.us

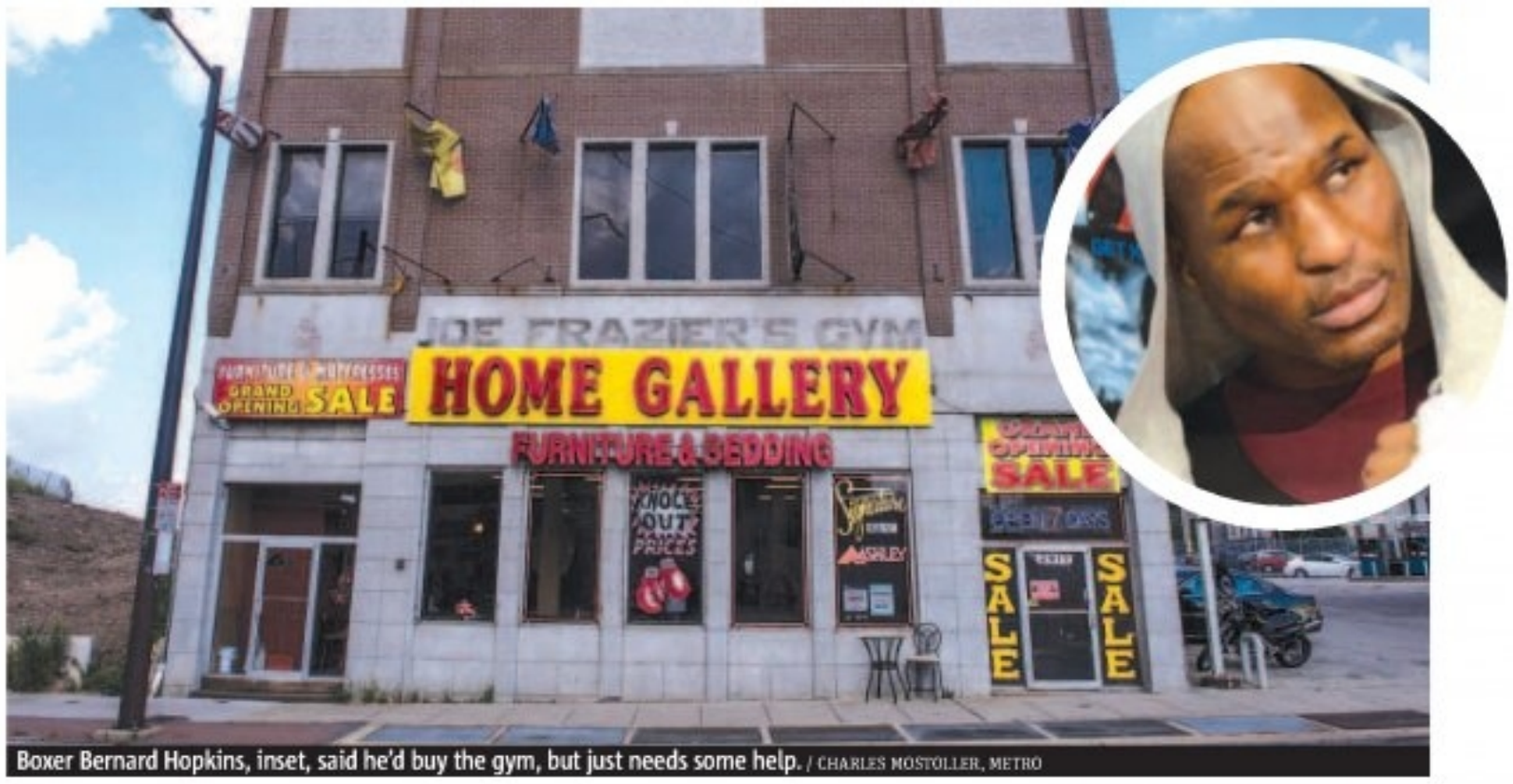
1 'Rescued from VHS: Demi Moore appearing in a music video with her first husband'

2 'VIDEO: You won't believe how big this giant jellyfish is'

3 'Newport Folk Festival: Photo gallery of 46 moments that rocked'

Hopkins wants support on buying Frazier's gym

North Philly. The Philadelphia boxer told Metro he's got a vision for the gym, not a discount furniture store.



Boxer Bernard Hopkins, inset, said he'd buy the gym, but just needs some help. / CHARLES MOSTOLLER, METRO

Bernard Hopkins has a vision for Joe Frazier's gym. He calls it "The Joe Frazier Opportunity Center."

"[It's] not just boxing, because not every mother wants their child to get hit upside the head for a living," said Hopkins, 50.

Hopkins, a Philadelphia native and light-heavyweight world champion boxer, told Metro that he wants to buy the gym at North Broad Street and Glenwood Avenue.

"I would want to be able to make a bid for the gym," he said, "and I will request the city back me as a nonprofit to make the gym not only a boxing gym but make it more of a learning center for the youth. [There] has to be something given to the youth."

But Hopkins said he wants members of the community to help out. "At the end," he said, "I want everybody to say they had a piece of working to restore this historic gym."

Golden Boy Promotions and two other Philadelphians put up money for Frazier's new statue, but Hopkins swooped in at the end to pay off the balance. The Frazier statue is set to debut outside of Xfinity Live! in early 2015.

Hopkins' present plan for acquiring the 20,000-square-foot building could be called cautiously aggressive.

"I got it all in my head," Hopkins said. "I've had it in my head years ago. But no one can do anything until the lease is over."

Through next year, the space is partially leased by a discount furniture store.

"I hear about Joe Frazier's gym every week," Hopkins said. "People say, 'Yo, Bernard, you should you buy it, you should buy it.' People don't know that it ain't that easy."

Frazier moved into the former factory in 1968. The first floor served as his training quarters and the second floor was his apartment. Frazier, who sold the beloved gym in 2008, died in 2011.

The building was added to the National Register of Historic Places in April 2013.

"I've really been passionate about it and really been telling people," Hopkins said. "You have to be very careful. You have to be very strategic. You have to take the time. It's just like dissecting an opponent in the ring, and then you must strike when the time is right.

"That's how I operate my life," he added, "in the ring and out of the ring."

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

What could be done with it?

Urban Land Institute analyzed the gym's future. Co-chair Peter Angelides said it has sentimental value: "It's the site where interesting stuff happened."

- The panel decided a nonprofit could step in.
- Hopkins will seek the nonprofit status for his vision.
- The gym was purchased for $300,000 in 2008. Shortly after the sale, the building hit the market for $1 million.

Visit **Metro.us** to read what Hopkins said about Joe Frazier.

Quoted

"Joe Frazier's name still resides on the building. But it serves as a furniture store. It's disrespectful."

Hopkins

Wanted. Police seek carjackers who killed three kids in crash

As of press time, police are still hunting the two men who carjacked a woman's Toyota 4Runner on Friday, then crashed into a sidewalk fruit stand at Germantown and Allegheny, killing three children and injuring three adults.

A $110,000 reward is being offered for information leading to the arrest of the suspects. The extra $10,000 offered by the FOP Lodge #5 will expire at noon today.

The children, Keiearra Williams, 15, Thomas Reed, 10, and Terrence Moore, 7, were siblings. Their mother, Keisha Williams, 34, is in critical condition. SAM NEWHOUSE

Delaware County

Man kills son, 5, in rampage

Tyrell Styles, 26, of Philadelphia, reportedly killed his 5-year-old son and shot the baby's mother outside a birthday party in Ridley Township Saturday night, fled police, then shot himself. Styles is on life support and his girlfriend, Shyema Washington, is in critical condition, reports say. METRO

Mayfair

Sexual assault charges upheld for special ed teacher

Sexual assault charges were upheld against Stephanie Amato, 30, a special education teacher at Ethan Allen School, after a preliminary hearing Friday.

Reports say the 14-year-old male victim testified that he and Amato had sexual intercourse about 10 times, including oral sex, at her parents' home in Northeast Philly, in an alleyway blocks from the school and in a park. He also said Amato plied him with wine at her parent's home.

Amato, who has been suspended, was charged in June. METRO

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Sitting pretty on East Passyunk Ave.

Aisling Hall sits in a vintage hot-rod at the ninth annual East Passyunk Car Show and Street Festival on Sunday afternoon. The show featured more than 140 antique, custom and muscle cars and trucks spread over five blocks of East Passyunk Avenue. / CHARLES MOSTOLLER, METRO

Rome to Philadelphia. Catholics thrilled for promised pope visit

In the Cathedral Basilica of Saints Peter and Paul, mother church of the Archdiocese of Philadelphia, excitement over the potential visit of Pope Francis was palpable on Sunday afternoon.

"It's going to be fantastic for the city and for the pope to get a taste of American culture," said Claudia Boggi, 20, of West Chester. "Philly's one of the most cultured cities in the country. He'll get to go and have a cheesesteak! I think he'll have a good time."

On Friday, Philadelphia archbishop Charles Chaput announced that Pope Francis said he will indeed come to Philadelphia for the 2015 World Meeting of Families.

A visit to Philadelphia by the pope would be expected to draw a million people. Mayor Michael Nutter and Gov. Tom Corbett traveled to The Vatican in Rome in March to make their personal entreaty to Pope Francis.

"That's a once-in-a-lifetime thing," said Dave Reino, 20, of West Chester, about the chance to see Pope Francis.

Reino said his grandmother still talks about meeting Pope John Paul II in 1979 when he held mass at the Basilica of Saints Peter and Paul. That event attracted more than a million visitors.

Carlos Mendoza, a Catholic visiting from Peru with his wife, son and daughter, said Pope Francis is "amazing" and that the family would return to Philadelphia to see him if he comes to the city.

The Archdiocese released a statement saying that the pope's visit is still not officially confirmed, but that Chaput spoke based on personal conversations with the pope. Such confirmation is expected six months before the event.

SAM NEWHOUSE

Pope Francis / FILE PHOTO

Catholic history

Archbishop Charles Chaput said Pope Francis will visit Philadelphia during the eighth World Meeting of Families on Sept. 22-27, 2015.

- Held every three years, the event was inaugurated in 1994 under Pope John Paul II.
- Philadelphia will be the first North American city to host the event.

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MOM DESERVES LENIENCY, NOT A THREE-YEAR SENTENCE

Independent Insight

MATTHEW M. TURNER

Matthew M. Turner is a columnist for Metro Philadelphia. You can reach him at matthewmturner@hotmail.com.

Shock and outrage are the only words that could properly describe my reaction when hearing the story of a Philadelphia mother who is facing jail time over a simple mistake.

Shaneen Allen, 27, was pulled over last year during a routine traffic stop. The police officer asked if she had any weapons in her possession. Allen truthfully replied she was carrying a loaded weapon, as she is legally allowed to do, because she has a concealed carry permit in Pennsylvania.

There was only one major catch — Allen was in New Jersey. Allen says she did not know her permit had no legal authority in the neighboring state, home to some of the strictest gun laws in the country.

Allen was then arrested and charged with unlawfully possessing a weapon. At this point, the Atlantic County prosecutor could have shown leniency on Allen and put her in a program for first-time offenders that recommends probation and community service. But instead, the black mother of two, with no prior criminal history, found herself facing a three-year mandatory minimum prison term with no possibility of parole.

"She's a hard-working single mom," Allen's attorney Evan Nappen told NBC 10 Philadelphia. "It's really crazy that New Jersey is taking someone who's got no criminal record and was doing nothing wrong — other than a minor traffic violation — and making it into a felony-level conviction with minimal mandatory time."

According to the Pennsylvania Firearm Owners Association, Pennsylvania concealed carry permits are valid in 30 other states.

Quoted

Three years for a victimless crime is a miscarriage of justice.

However, New Jersey is not one of them. Allen's arrest could have served as a lesson in gun ownership and leniency on part of the New Jersey prosecutor.

In an interview with the Press of Atlantic City, Atlantic County prosecutor Jim McClain explains his tough stance on gun control, planning to crack down on gun violence and drug trafficking.

"I believe the biggest threat ... is gun violence and certainly gun violence is related to the drug trade," McClain told the Press. "Here in New Jersey, you can't separate the two."

Apparently, that also means throwing the book at Allen and not using the discretion he was given as a prosecutor to be lenient on those who make honest mistakes. Three years for a victimless crime is a miscarriage of justice.

Here's how you can you help Allen. You can donate money to her legal defense fund at GoGetFunding.com or you can contact local media in New Jersey. Or contact Jay McKeen, public information officer for Altlantic County Office of the Prosecutor, by email at mckeen_j@acpo.org or by phone at 609-909-7966.

Allen's case is approaching quickly — she will stand before a judge on Aug. 5, so it's important to get the word out now and keep the court system accountable. Locking away a mother of two for a simple mistake is not acceptable and will not pass for justice in this country.

Darby

Suspect in hospital shooting charged with murder

A man suspected of opening fire in a Delaware County hospital and shooting dead a case worker before exchanging gunshots with a doctor has been charged with first and third-degree murder.

Richard Plotts, 49, walked into the office of psychiatrist Lee Silverman, inside the Sister Marie Lenahan Wellness Center in Darby, for a scheduled appointment on July 24 and after an argument, shot and killed social worker Theresa Hunt at point-blank range and grazing Silverman's head.

Silverman, himself armed, fired in return, hitting Plotts in the abdomen and critically wounding him.

REUTERS

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Wind-swept. Wildfire near Sacramento forces hundreds to flee

A wildfire forced the evacuation of more than 500 homes and about 1,200 residents in a rural area east of the California state capital Sacramento on Saturday, a day after the blaze broke out, fire officials said.

The wind-swept fire burned more than 3,000 acres, said Lynne Tolmachoff, spokeswoman for the California Department of Forestry and Fire Protection.

The fire is centered about 5 miles north of the town of Plymouth and 30 miles east of Sacramento. REUTERS

Deadly disease

US doctor dies from Ebola in Liberia

A 33-year-old American doctor working for a relief organization in Liberia's capital has died from the tropical disease Ebola, according to a statement from Samaritan's Purse.

It was not immediately clear how he caught Ebola. The relief group's Melissa Strickland said that he had followed strict safety protocols when treating patients. REUTERS

'Skinnied-down' border bill expected to pass

Washington, D.C.

The House prepares to vote on a bill to give Obama $2.7 billion of his $3.7 billion request.

John Cornyn, of Texas, the No. 2 Republican in the U.S. Senate, said on Sunday he expected the House of Representatives to pass a "skinnied-down" emergency funding bill this week to deal with a surge of migrant children at the southwestern U.S. border.

The Republican-controlled House is debating how much to pare from President Barack Obama's $3.7 billion supplemental request, although any House compromise is likely to face opposition in the Democratic-controlled Senate before lawmakers try to begin their scheduled break at the end of the week.

A mother and child from El Salvador await transport to a processing center for undocumented immigrants after they crossed the Rio Grande into the United States in Mission, Texas. / GETTY IMAGES

"I think the House will come with a skinnied-down bill in terms of money," Cornyn said on ABC's "This Week." He also said he expected the House to incorporate a plan he has proposed with Democratic Representative Henry Cuellar of Texas to try to speed up deportation of Central American child migrants.

Many Democrats, led by Senate Democratic leader Harry Reid, have opposed that plan, which would amend a 2008 law that allows child migrants from countries other than Mexico and Canada to stay in the country as their cases work through a backed-up system. REUTERS

Quoted

"Fortunately it sounds like the House of Representatives is going to move a piece of legislation this week, which would actually offer a solution." Cornyn

Republicans

$1B

Lawmakers have said House Republicans are considering a smaller amount, possibly $1 billion or less.

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Clashes continue.
Fighting complicates Ukraine crash probe

Fierce fighting in eastern Ukraine where a Malaysian airliner was downed further complicated an investigation on Sunday as Europe and the United States prepared economic sanctions on Russia over the conflict.

International monitors said they had abandoned plans to visit the crash site due to fears it was not safe, even though Malaysia said earlier rebels had agreed to provide access.

Ukraine said it was trying to dislodge the rebels, but denied it was fighting near the crash site, saying the separatists had put the monitors off by falsely claiming that the army was operating nearby. REUTERS

Killed

13

At least 13 people were killed in clashes between Ukrainian troops and pro-Russian rebels that raged in five areas around the wider region.

A piece of the fuselage rests on the ground at the crash site of the Malaysia Airlines Flight MH17. / GETTY IMAGES

Battle in Gaza abating, truce hopes look fragile

Gaza. Israel and the Hamas Islamists had agreed to a 12-hour ceasefire on Saturday.

Palestinians carry belongings they found in the rubble of destroyed buildings in the Shejaiya residential district of Gaza City. / GETTY IMAGES

Fighting subsided in Gaza on Sunday after Hamas Islamist militants said they backed a 24-hour humanitarian truce, but there was no sign of any comprehensive deal to end their conflict with Israel.

Hamas said it had endorsed a call by the United Nations for a pause in the fighting in light of the upcoming Muslim holiday of Eid al-Fitr, expected to start in the next couple of days.

Some firing of rockets continued after the time that Hamas had announced it would put its guns aside, and Israeli Prime Minister Benjamin Netanyahu questioned the validity of the truce.

Killed

1,031

Some 1,031 Palestinians, mainly civilians and including many children, have been killed.

Israeli artillery guns also fired barrages into the Gaza Strip, Israeli media reported, although the object of the fire was initially unclear.

Quoted

"Hamas doesn't even accept its own ceasefire."

Netanyahu

"Hamas doesn't even accept its own ceasefire, it's continuing to fire at us as we speak," Netanyahu said, adding that Israel would "take whatever action is necessary to protect our people."

Nonetheless, Gaza Strip residents and Reuters witnesses said Israeli shelling and Hamas missile launches had slowly subsided through the afternoon. REUTERS

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Boko Haram reign of terror continues

Boko Haram was responsible for a bombing in Maiduguri, Borno State, July 1, 2014. / GETTY IMAGES

Cameroon. Boko Haram have killed hundreds of people this year, mostly in northeastern Nigeria.

The wife of Cameroon's vice prime minister was kidnapped and at least three people were killed in an attack by Boko Haram militants in the northern town of Kolofata on Sunday, Cameroon officials said.

A local religious leader, or lamido, named Seini Boukar Lamine, who is also the town's mayor, was kidnapped as well, in a separate attack on his home.

There was no immediate claim of responsibility.

Boko Haram, the Nigerian Islamist militant group, has stepped up cross-border attacks into Cameroon in recent weeks as Cameroon has deployed troops to the region, joining international efforts to combat the militants.

"I can confirm that the home of Vice Prime Minister Amadou Ali in Kolofata came under a savage attack from Boko Haram militants," Issa Tchiroma told Reuters by telephone.

"They unfortunately took away his wife. They also attacked the lamido's residence and he was also kidnapped," he said, adding that at least three people were killed in the attack. REUTERS

Abduction

200

Boko Haram militants made international headlines with the abduction of 200 Nigerian schoolgirls in April. The Sunday attack is the third Boko Haram attack in Cameroon since Friday. At least four soldiers were killed in the two previous attacks.

STRAIGHT Talk

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US evacuates embassy.
More than 50 people killed in Benghazi

Libyans condemn and urge for an end of war during a protest at the Algeria Square in Tripoli, Libya. / GETTY IMAGES

At least 50 people were killed in Libya's eastern city of Benghazi, many of them civilian, where Libyan Special Forces and Islamist militants clashed on Saturday night and Sunday morning, medical and security sources said.

The government said more than 150 people have died in the capital Tripoli and Benghazi in two weeks of fighting as clashes forced U.S. and foreign diplomats to pull out of the country.

Since the clashes erupted two weeks ago, 94 people have died in the capital and more than 400 have been injured as militias exchanged rocket and artillery fire across southern Tripoli, the health ministry said. Another 55 people, mostly civilians, have been killed in Benghazi since the clashes have intensified over the last week between regular forces and Islamist militants who are entrenched in the city.

In the last two weeks, Libya has descended into its deadliest violence since the 2011 war that ousted Muammar Gaddafi, with the central government unable to impose order.

Fuel storage tanks that supply Tripoli were hit on Sunday by rockets igniting a huge fire near the international airport, the National oil corporation said. REUTERS

Quoted

"Most of the victims we have noticed are civilians, as the fighters have their own hospitals on the battlefield."
Benghazi medical source

Wrecked. Costa Concordia ends its voyage toward the scrap yard

The wrecked Costa Concordia cruise liner limped into its last port on Sunday, when it was towed to the northern Italian city of Genoa to be broken up for scrap, two-and-a-half years after running aground and sinking, killing 32 passengers.

After a four-day journey from the Tuscan island of Giglio, where it sank on Jan. 13, 2012, the 114,500-ton hulk was maneuvered into place and secured at the conclusion of one of the largest and most complex maritime salvages ever attempted.

"This isn't a day for showing off or creating a spectacle, but it's a mark of gratitude from the prime minister for getting something done which everyone said would be impossible," Prime Minister Matteo Renzi told reporters on the dock, saluting the work of the salvage engineers from Italy and around the world. **REUTERS**

Costa Concordia completes its journey. / GETTY IMAGES

No more mishaps

In contrast to the night when the Concordia ran aground and capsized during a display sometimes performed by cruise ships known as a "salute," the salvage operation has been a resounding technical success.

- After hours of preparation, dockworkers fixed the wreck in place in the industrial port of Voltri, just outside the main harbor in Genoa.
- It will be dismantled by a consortium led by Italian engineering group Saipem and Genoa-based San Giorgio del Porto in an operation expected to cost 100 million euros and take up to two years.

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OMG! Qwerkywriter taps into old-school typing technology

This "new" piece of typewriter technology is one keyboard click in an old direction. The Qwerkywriter — available next August for $309 — has 84 keys and an oh-so-hipster antiquated look. It works via USB connection to a computer or tablet and is compatible with iOS and Android systems. Creator Brian Min, who achieved funding through crowdsourcing platform Kickstarter, tells Metro why the paper-free gizmo isn't as gimmicky as a pair of oversized glasses minus the lenses.

Visit us online at **Metro.us/omg** for more interviews.

Do you miss the 1700s? This keyboard may be for you. / QWERKYWRITER

What's the point of this retro/vintage creation?
Well, tell me what is the one piece of equipment you use everyday? More importantly, what do you "touch" everyday? Modern keyboards are immensely important. And yet, most keyboards are hideous and woefully designed. I wanted to make something beautiful and fun out of something I touch and use everyday, so the Qwerkywriter is a modern reinterpretation of what typewriters could be like. It's as much of an art piece as it is functional equipment.

Typewriters are usually cumbersome and fiddly. Why should a person choose a Qwerkywriter instead of a normal Bluetooth keyboard?
That's like saying why buy a Porsche or a Ferrari when you can drive a Toyota. I mean Toyotas are awesome. But sometimes on a Sunday afternoon, you want to take your Porsche out with the top down. Or in this case, a Ford Shelby Cobra.

But does it work just like other mechanical keyboards?
I've bought a lot of mechanical keyboards, since I tried one from a friend of mine and I've read everything about them. But what I wanted was to blend it with a real typewriter because the mechanical keyboards out there don't really operate like the old machine. They don't have the sound or feedback, so the Qwerkywriter is different.

Why do you think people are now looking for old experiences with the technology of today?
I think some people don't care at all about spending $300 on the keyboard. And then there are those of us who are sick of ugly keyboards. We have a lot of professional writers who type for a living. It's not for everyone. But there are a few of us who adore beautiful objects that have functions like typing that we relate to.

Lots of people have tendinitis due to constantly working with a keyboard. Does the Qwerkywriter take this into consideration?
I think typing on a real typewriter will give you tendonitis. Our keyboard, when used with a wrist pad, is as comfortable as any keyboard. But no, this isn't an ergonomic keyboard. **WANISE MARTINEZ, METRO WORLD NEWS**

Zoom

GETTY IMAGES

Strut your fluff

An adult flamingo stands out with its pink coat, surrounded by chicks in Spain's Fuente de Piedra lagoon. The nature reserve — home to 170 bird species — is one of the main breeding grounds for flamingos in the Iberian Peninsula. Hundreds of flamingo chicks are tagged to record the evolution of the species. **METRO WORLD NEWS**

Expert's viewpoint

"The breeding population of flamingos in this Andalusian wetland is about 7,000 couples and 6,000 chicks."

Ricardo Dominguez, deputy minister of Environment in the Junta de Andalucia

Some 430 volunteers took part in the tagging and recording of new flamingo chicks.

THE WORD

Ned Ehrbar takes on the world of gossip.

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1 Penn puts a ring on it (maybe)

Charlize Theron fueled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a tell-tale ring on her ring finger. Theron flashed the sparkling piece of jewelry while passing through the LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for $4,900 — so maybe it's not so much an engagement ring after all, since we'd like to think Penn would go for something a bit more lavish. Reps for both stars declined to comment.

Will these two be wed anytime soon? / GETTY IMAGES

2 Gwyneth and Chris Martin: Still consciously uncoupled

Chris Martin is really terrible at this whole "splitting up with your wife" thing. The non-threatening Coldplay frontman finally caved during a recent radio interview and talked about his separation from Goop guru Gwyneth Paltrow, and he couldn't stop himself from being really, really nice about the whole thing. "The truth is — well, I don't really love talking about this stuff," Martin said. "But the thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me too, Chris. Me too.

Talking point

3 Luke Skywalker says Han Solo is getting better

Don't worry, Han Solo is going to be just fine. Mark Hamill gave BBC News an update on Harrison Ford's condition since breaking his leg last month on the set of "Star Wars: Episode VII" — an injury that seemed severe enough to cause delays in filming. "I was not on set [when it happened]. It was really terrible, but I hear he's doing really well," Hamill says. "It will take more than that to stop Harrison Ford."

4 That director who slept with Kristen Stewart divorces

Two years after Rupert Sanders' affair with his "Snow White and the Huntsman" star, Kristen Stewart, the British director's marriage to model Liberty Ross is really, truly, officially over. The pair finalized their divorce in Los Angeles last week, citing irreconcilable differences, according to TMZ. Court documents show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 percent of any profits from any of Sanders' movies, half of all their liquid assets, $300,000 a year in spousal support and joint custody of their two children, Skyla, 10, and Tennyson, 8.

Stewart and Sanders in 2012

5 Jack White and a little bird

SELENE ANGIER, METRO

Jack White rocked the Newport Folk Festival on Saturday with a set that included seven(!) White Stripes tunes. The singer also took in a set by Benjamin Booker, and the friend to his right didn't seem to like it that we photographed him doing so.

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lady Gaga is in need, Marlon Wayans is keeping it positive, Mindy Kaling is paying attention and RuPaul wants you to mind your manners.

@ladygaga: All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?

@MarlonWayans: I don't regret... I just rejoice

@mindykaling: I should be a detective, I always find out about everything

@RuPaul: Quick Reminder: Clean up after yourself

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HOW TO LUNCH IN YOUR BIKINI

Tips. Jennifer Oz LeRoy tells us what to pack for a day in the surf and sand.

As the new food and beverage director at Gurney's Montauk Resort & Seawater Spa, Jennifer Oz LeRoy has spent a lot of time analyzing the best foods to enjoy while in a bikini. The 35-year-old helped create the menus for the resort including the Beach Club, the only full-service restaurant to serve on the beach in the Hamptons. Here, she tells us what to bring in our cooler.

1 Avoid messy burgers and heavy sandwiches that will leave you feeling bloated. LeRoy says pack some grilled chicken or shrimp on easy-to-grab skewers.

2 Cold fries suck, plus they do nothing for your cut-out Mara Hoffman suit. For your salt fix she suggests a bag of sweet potato chips.

3 Craving a guilt-free sweet treat? LeRoy recommends throwing some fruit, like grapes, in the freezer the night before.

Gurney's recently underwent a modern revamp, including 38 new luxury suites with private terraces overlooking the ocean. / PROVIDED

Quoted

"You want cool, refreshing, light food — nothing too messy. You want to keep it elegant. You've done all that working out to look great on the beach, complement it with some good food."

Oz LeRoy

Drink

Quench your thirst

A few glasses of rosé and you're snoozing on the beach. LeRoy says go with an Arnold Palmer. "You can even mix flavors, like a peach or raspberry iced tea, for a little extra flavor."

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*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

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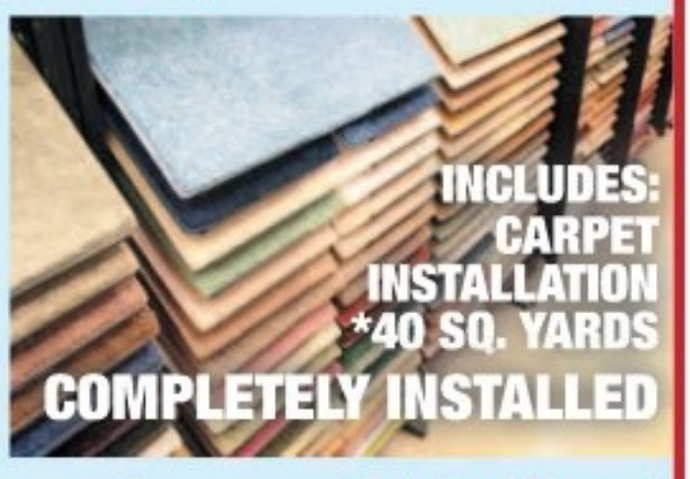

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TV watch list

REALITY

'Running Wild with Bear Grylls'

Professional perfect abs-possesor Zac Efron guests and goes on a trek with Grylls through the Appalachian Mountains to test out his survival skills. **8 P.M., NBC**

In this picture, the abs are hidden, but they can be unleashed at any moment. / DUNCAN GAUDIN, NBC

REALITY

'The Real Housewives of Orange County'

Heather and Tamra organize a trip to Bali. Meanwhile, Lizzie's birthday dinner doesn't go as planned. **9 P.M., BRAVO**

DRAMA

'Under the Dome'

Julia begins her reign as leader of Chester's Mill. President of Chester's Mill? Dome-tator. Head of the dome-ocracy. Anyway, she's in charge now. **10 P.M., CBS**

REALITY

'The Bachelorette'

"The Bachelorette" wraps things up as Andi Dorfman makes her big choice between Nick Viall and Josh Murray. But first they have to meet her family. **SEASON FINALE, 8 P.M., ABC**

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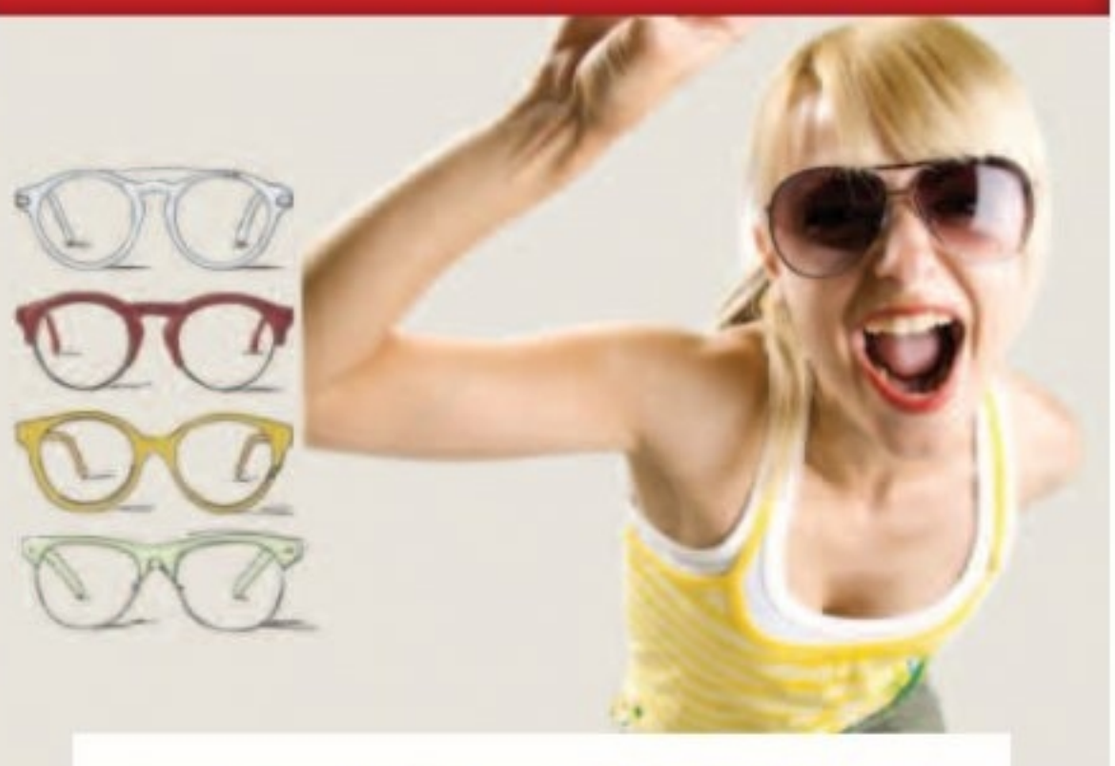

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Competing your 'Face Off' on TV

"Face Off" airs Tuesdays at 9 p.m. on Syfy. / ISABELLA VOSMIKOVA, SYFY

Interview. David O'Connell tells us what it's like to get cast and work among the best of the best in his field.

Last week was the kick-off to Season 7 of Syfy's hit series "Face Off." This Tuesday, contestant David "Doc" O'Connell will be manning @FaceOffSyfy to live-tweet "Episode 2: American Gangster." We spoke with him about diligent auditioning and what kind of challenges spark his interest the most.

What made you want to try out for "Face Off"?
When the first season of the show was casting, my boss and mentor Michael Burnett told me I should give it a shot. At the time I was still relatively new to special effects makeup, so I thought I had no chance. I went anyway and managed to get a call back. I watched the first season and felt that I would be overwhelmed if I had made it, so I didn't try for Season 2. Then I found out one of my close friends [Nick "Nix" Herrara] was cast — that's when I realized it was a realistic goal.

How many auditions did it end up taking in total?
Season 1, 3, 4, 5 and 6. I was selected in the group of Top 20 for Season 4-6 but kept falling short of making the final cut to 14. I do believe I currently hold the record for most attempts before making it.

From any season, what's your favorite challenge?
It would have to be the original zombie challenge from Season 1. Conor McCullogh's work was fantastic, and who wouldn't want to go in front of guest judge Greg Nicotero, makeup supervisor and producer of "The Walking Dead"?

If you created a challenge, what would it be?
It would probably be to put a makeup onscreen. Besides the final challenges, most makeups are only judged at the reveal stage. I think it'd be pretty cool to design, create and shoot a makeup in three days. I don't think there's a better way to grasp a makeup than seeing it onscreen.

Do you have any pet projects at the moment?
I've got a few latex Halloween masks that will be for sale soon, and my side business is Chop Shop, where I've teamed up with designer Adam Milicevic. We produce masks and props for haunts and films.

What comes next for you?
Currently I'm a lead prosthetic makeup artist for Universal Orlando's Halloween Horror Nights 24, which will feature makeups from previous seasons of "Face Off." Then the sky is the limit!

T. MICHELLE MURPHY
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Q&A

What would you like to do as a dream job?
I'd love to work at one of the bigger FX shops, preferably in the mold department. Since the show I've spent a lot of time specifically working on that skill set. While challenging, I find mold making to be very rewarding. The better the molds, the better the final result.

If you could work on any film, what would it be?
Ugh, such a hard choice! There are so many films I would love to have worked on. If I had to be forced to pick just one, it would it would probably be John Carpenter's "The Thing" under Rob Bottin. It's one of my favorite movies, and it's chock-full of makeup effects.

If you go

'The Book of Mormon'

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In typical Trey Parker and Matt Stone style, the show takes on controversial topics in a hilarious way. / ALL PHOTOS BY JOAN MARCUS

Not exactly by 'The Book'

Theater. At least one actor had some reservations about being in the "South Park" creators' raunchy Broadway smash.

Coming from a Southern Baptist background, Stanley Wayne Mathis felt the need to warn some of his friends and family to stay away when he was cast in "The Book of Mormon," which makes its Philadelphia debut tomorrow at the Forrest Theatre. "I told a few friends that I grew up with, 'If you can't deal with God and the F-bomb in the same sentence, this isn't the show for you.' Mathis says with a chuckle. "My sister still hasn't seen the show."

Mathis, who was in the Broadway version before joining the touring cast, admits to having his own initial reservations about signing on to sing what he calls "the most blasphemous song in the show" — despite finding the material hilarious. But he soon came to realize that there was more going on than simply potshots at religion — and he would know, having sampled quite a few of them over the years.

"I started out Southern Baptist," Mathis says, "but I grew up in the projects in Washington, D.C., where there was no Baptist church at the time. So my mom had to send me to a Catholic church because she figured that any church was better than none. Then I had a period of Islam, and, when I got to New York, I even had a period of Buddhism."

Nothing is taboo in "The Book of Mormon."

Quoted

"I told a few friends that I grew up with, 'If you can't deal with God and the F-bomb in the same sentence, this isn't the show for you.'" Mathis, on performing in "The Book of Mormon"

"Book of Mormon" creators Trey Parker and Matt Stone, who co-wrote the Tony-winning show with "Avenue Q" composer Robert Lopez, have a long history of wringing humor from the Mormon faith, first in their early film "Orgazmo" and later on an infamous episode of their long-running animated series "South Park." But Mathis, who was a big fan of "South Park" long before ever working with its creators, insists that Mormonism is not a target here.

"It takes a hit at all organized religions and asks you to go back and reevaluate what your original goals were in the first place," he says. "We can tend to get so far away from what those things were established for, but religion is not black and white; it's got grey areas and a whole spectrum of colors. I like this show because it's really smart and it has such heart to it. It's not just shock value for shock value. It's political satire and social commentary wrapped up into entertainment."

SHAUN BRADY
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Box office

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Tickets are still available for "The Book of Mormon"'s seven-week run; the best availability is for the later dates.

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Morgan Freeman and Scarlett Johansson's much-anticipated team-up resulted in a box office sweep. / JESSICA FORDE

'Lucy' in the sky

Box office. In the battle between Scarlett Johansson, and The Rock, brains beat brawn.

"Lucy," starring Scarlett Johansson as a woman with a superpowered brain, collected $44 million to win the domestic box office race, out-muscling "Hercules," which took in $29 million for second place.

Both new films exceeded expectations, pumping some much-needed life into a lackluster summer at U.S. and Canadian theaters.

"Dawn of the Planet of the Apes," which topped the box office the past two weekends, finished third with $16.4 million.

"Lucy," directed by French action film specialist Luc Besson, stars Johansson as a woman who can stop traffic and move objects with her mind after a drug planted in her body causes her brain to operate at abnormally high levels. The special effects–laden film was made for a relatively inexpensive $40 million, according to the movie site Box Office Mojo.

Made for a brawny $100 million, "Hercules," starring Dwayne "The Rock" Johnson in the title role, got mixed reviews, though nearly two-thirds of critics on the site Rotten Tomatoes gave it a "fresh" rating.

"Hercules" is the year's second film featuring the legendary muscle man. "The Legend of Hercules" opened in January and generated a paltry $18.8 million, according to Box Office Mojo.

Universal Pictures' low-budget horror film "The Purge: Anarchy" was fourth with $9.9 million in sales and has totaled an impressive $51.3 million through its first two weekends.

While "Lucy" and "Hercules" both beat opening weekend industry predictions, Hollywood continues to be in a funk. With few of the hugely successful films that usually propel viewing, this summer's box office is 20 percent behind last year with $2.93 billion in ticket sales, versus $3.67 billion in 2013, which ended as a record summer, according to Rentrak. REUTERS

Top 5 earners

1. 'Lucy,' $44 million
2. 'Hercules,' $29 million
3. 'Dawn of the Planet of the Apes,' $16.4 million
4. 'The Purge: Anarchy,' $9.9 million
5. 'Planes: Fire and Rescue,' $9.3 million

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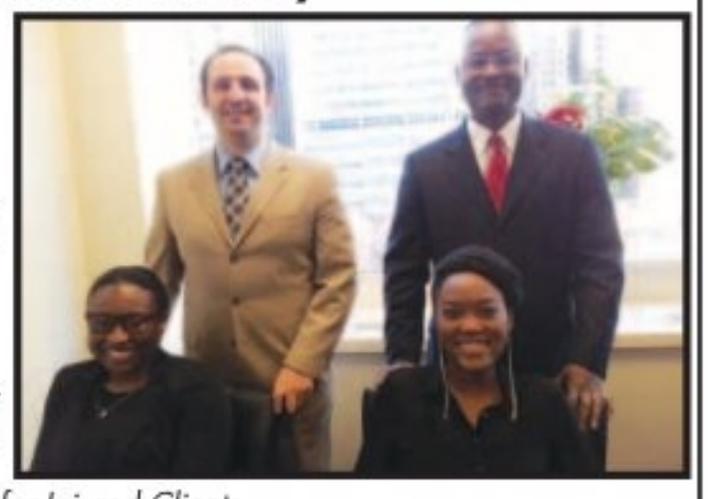

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8 Big things at Comic-Con

Nerds. This year's convention boasted Wonder Woman and "Game of Throne" news, but few shocks.

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Comic-Con is a place where "Game of Thrones" fans can dress up and feel right at home. / GETTY IMAGES

1 First look at Wonder Woman

It wasn't a surprise, but it was nice of Zack Snyder to unveil the first image of Gal Gadot as Wonder Woman in "Batman v. Superman: Dawn of Justice." That led to hours of debate about whether the costume was the best thing ever or the worst thing ever.

2 No surprises

This was apparently the year of studios keeping things to themselves. No big casting revelations, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

3 Bring on 'Last of Us'

OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian "Last of Us," is making the jump to the big screen thanks to director Sam Raimi. The game has sold more than 7 million copies.

4 TV takes over

This Comic-Con was pretty lackluster as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of "Game of Thrones," "The Walking Dead" and "Hannibal."

5 Henry Cavill as a Jedi

"Batman V. Superman: Dawn of Justice" director Zack Snyder posted a photo to Twitter of "Man of Steel" star Henry Cavill in his Superman costume — but with an added Jedi robe and lightsaber. Now that is a movie we would line up to see.

6 New faces in Westeros

George R.R. Martin introduced some exciting new faces to the "Game of Thrones" world that he can shockingly kill off once viewers have gotten attached to them. The newcomers include Jonathan Pryce, Keisha Castle-Hughes and Alexander Siddig.

7 Comic-Con virgins

This year's Comic-Con saw several big names making their debut visits to the massive event, including Sir Ben Kingsley, Matthew McConaughey and "Interstellar" director Christopher Nolan, who somehow managed to avoid the convention during the "Dark Knight" era.

8 Cosplay is contagious

"Harry Potter" star Daniel Radcliffe finally made an appearance at Comic-Con, promoting his Halloween release, "Horns." He didn't disappoint during his maiden visit, even visiting the crowded Convention Center floor in a Spider-Man costume.

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All you should eat: What future food might look like

Food. Scientists are exploring ways of breaking down basic nutrients and serving them up as viable food sources.

The idea behind 3-D printed food is to make only what your need, without the waste. / CONTRIBUTED

For years, we've enjoyed endless helpings at all-you-can-eat restaurants. But that way of eating could be a thing of the past, as scientists develop foods of the future based on our specific nutritional needs, or an all-you-should-eat concept.

The world's largest food company, Nestle, is developing an "instant nutrient machine" that would dispense the basic vitamins and minerals a person needs for their diet. "These products might be liquids, powders or pills, delivered using a machine at home," Nestle spokeswoman Hilary Green told Metro. However, the food group has said an affordable "Nepresso of Nutrients" could take years to develop.

With a release date set for later this year, the wait is shorter for the Foodini, a 3-D food printer that uses capsules of ingredients to print layers of food items such as pasta, burgers and chocolate. It is also connected to the Internet, explained Lynette Kucsma, co-founder of manufacturer Natural Machines.

The device is similar to a $125,000 printer that NASA is using to replicate pizzas for astronauts. Natural Machines' sci-fi foodmaker will be a fraction of the cost at $1,300.

Innovative ways of protecting the planet are central to the future food movement. Biologists at the Netherlands' Wageningen University are using animal stem cells to grow "eco-friendly" meat in the lab as an alternative to raising cattle. But for now, fake meat remains prohibitively expensive. Last year, scientists in London unveiled the world's first lab-grown burger: a 5-ounce patty costing about $425,000.

Facts

Global food problems

- **Hunger.** More than 842 million people worldwide suffer from hunger and malnutrition, according to recent data from the United Nations.
- **Food waste.** The amount of food wasted every year is staggering: about one third of the food produced worldwide for human consumption, or 1.3 billion tons.
- **Contamination.** Food production is the source of between 13 and 30 percent of the greenhouse gas emissions, which are contributing to climate change.
- **Animal abuse.** Many animal rights organizations protest the conditions in which animals are raised, such as factory farms where they spend their lives packed closely together.

Food science

Nestle nutrient machine

The Nestle Institute of Health Sciences is working to identify people's specific micronutrient needs. This research will help provide the scientific basis for more targeted nutrition.

Cultured meat

Cultured meat, produced in an animal-cell cultivation process, is a technically feasible alternative. Theoretically speaking, it has the potential to greatly improve the global food crisis as it requires only a small fraction of the land.

Foodini (3-D food printer)

The Foodini has a touchscreen interface through which the user chooses the recipe to print. The machine will then instruct the user what food to load into each capsule, and then printing can begin.

DANIEL CASILLAS
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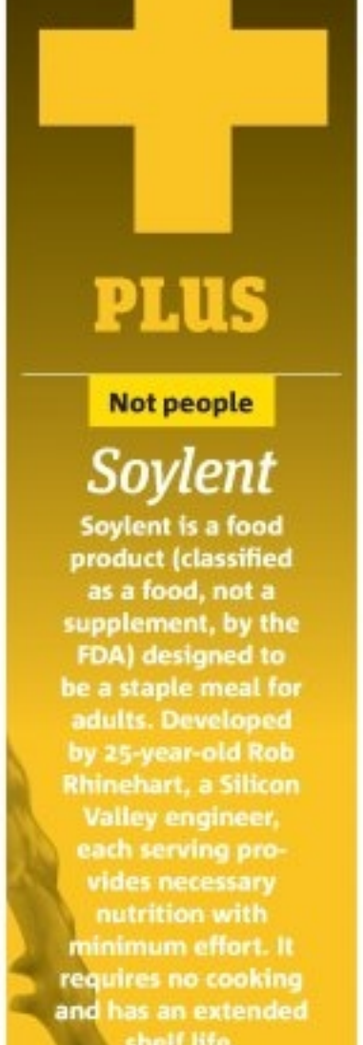
PLUS

Not people

Soylent

Soylent is a food product (classified as a food, not a supplement, by the FDA) designed to be a staple meal for adults. Developed by 25-year-old Rob Rhinehart, a Silicon Valley engineer, each serving provides necessary nutrition with minimum effort. It requires no cooking and has an extended shelf life.



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Over 150 campuses across the country have at least one gender-neutral bathroom. / PHOTOS.COM

Bathrooms are getting inclusive

Unisex. More colleges are adding gender-neutral bathrooms on campus in response to student demand.

Northwestern University recently made headlines after announcing that it would be installing two gender-neutral bathrooms in the university's student center.

"These are two gender-open bathrooms where students of any gender can go in and use the restroom and feel safe, regardless of gender expression or gender identity," Michelle Margulis, the president of the campus LGBT group Rainbow Alliance, told CBS Chicago. The new bathrooms are expected to be ready before the start of the fall semester.

Some students are hoping other colleges will follow Northwestern's lead. Student activists at California State University-Chico helped pass a student government resolution last year that recommended that one single-stall bathroom in each campus building be declared gender-neutral. Oberlin College has applied a similar policy to its residential halls, designating one restroom in each dorm to be gender-neutral.

Over 150 campuses in the United States have gender-neutral restrooms, according to the Stonewall Center at the University of Massachusetts-Amherst. The Transgender Law and Policy Institute notes that transgender students can be subject to harassment and violence while using gender-specific facilities.

By the numbers

150+

Campuses in the United States that have gender-neutral restrooms, according to the Stonewall Center at UMass-Amherst

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Feeling stuck? How to get out of the entry-level rut

Moving on up. Author Mary Traina says millennials need to look at the big picture when it comes to work.

Volunteer to do tasks for the higher-ups to get noticed and get to know your company's bigwigs. "It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key. / INGRAM PUBLISHING

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book "The 20-Something Guide to Getting it Together."

But, she adds, "I think a lot of early 20-somethings hit a rut [when it comes to figuring out their career paths] and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

1 No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days. "I was working really hard," she recalls, "and I thought someone would basically say 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

2 You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time. "Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

3 Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not. Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops as ways to discover the answer.

4 Don't wallow in misery

It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," believes Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

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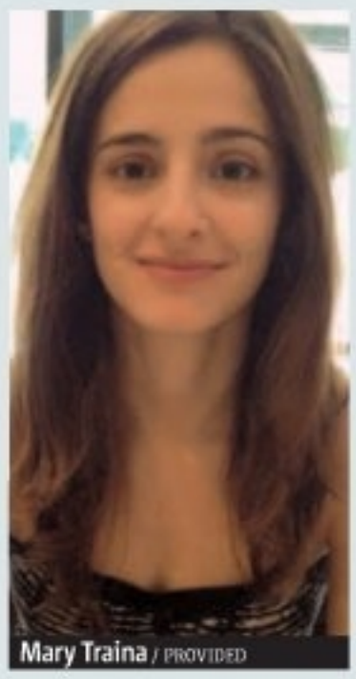


Mary Traina / PROVIDED

5 Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are primarily administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Time management. Multitasking at the office doesn't work: Study

A new study confirms what many office workers have long suspected: Multitasking doesn't work.

A paper in the journal Human Factors notes that the average office worker is interrupted 6 times every hour and that these interruptions deeply impact the quality of work produced.

"People don't realize how disruptive interruptions can be," said Cyrus Foroughi, one of the co-authors of the study, told Science Daily. "There is value in determining whether interruptions affect the quality of the tasks that many people perform regularly, such as writing essays or reports."

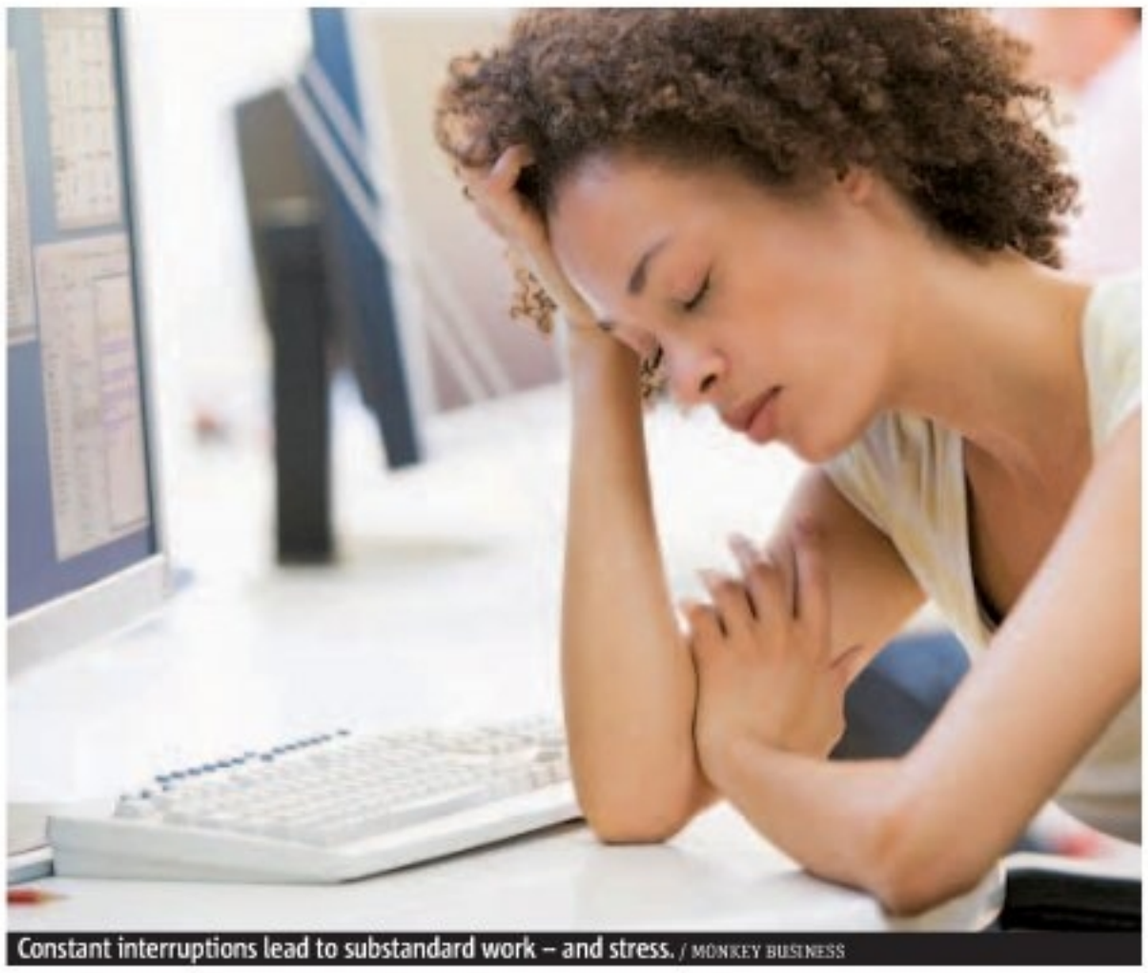
Quoted

"People don't realize how disruptive interruptions can be."

Cyrus Foroughi, co-author of study

Foroughi and his fellow researchers asked two different groups of participants to write an essay for them. While each group was given enough time to write and outline their compositions on the assigned topic, one group was repeatedly interrupted while participants attempted to write their essays. The control group, in the meantime, was given peace and quiet to work on their writing. The essay graders found a significant decrease in quality in the pieces by the interrupted group.

Wondering how you can focus on the task at hand while in the office? Foroughi told the Human Factors that he recommends turning off your cell phone and disabling email notifications while you get to work. LAKSHMI GANDHI



Constant interruptions lead to substandard work – and stress. / MONKEY BUSINESS

Horoscope

♌ Leo | July 23-Aug. 22. A marshaling of the facts will help you avoid a situation. You'll end up sacrificing a friendship if you make false accusations.

♍ Virgo | Aug. 23-Sept. 22. Don't let the little things get you down. Do something that will ease your stress and help you rejuvenate.

♎ Libra | Sept. 23-Oct. 22. Take a position of leadership in order to invite interesting opportunities. You can handle whatever comes your way, even if you have to work at it.

♏ Scorpio | Oct. 23-Nov. 21. If you come on too strong, you will push away someone. Listen to what others have to say before you make a move.

♐ Sagittarius | Nov. 22-Dec. 21. Your curiosity is likely to spur a day of exploration. A day trip will provide you with interesting information about future possibilities.

♑ Capricorn | Dec. 22-Jan. 20. Circumstances surrounding a domestic situation or older relative may be difficult. Help out however you can.

♒ Aquarius | Jan. 21-Feb. 18. Your plans will face opposition. Go with the flow. Taking things as they come will prove to be the best way of dealing with it.

♓ Pisces | Feb. 19-March 20. Today, you will feel as if you're being treated unjustly, but if you proceed responsibly, you will overcome any pitfall.

♈ Aries | March 21-April 20. You may have trouble deciding in which direction to go today. Pare down your to-do list. Being selective will bring you that much closer to your goals.

♉ Taurus | April 21-May 21. Your emotional well-being will be fragile. Don't lash out. Revealing your true feelings will give your opponents the upper hand.

♊ Gemini | May 22-June 20. Discussions with relatives will uncover some interesting insight into your background and personality.

♋ Cancer | June 21-July 22. Don't give in to someone else's demands. Protect your position. Offer suggestions, but don't take on responsibilities that don't involve you.

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		6	5	2				
3	8		7				1	
2			3			1		4
	3		4		5		6	
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	9				1		7	3
				4	2	5		
			6					9

5	9							6
	3			4		9	5	
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1	5		2					
	2		4		3		7	
					5		2	1
			8			1		3
	1	4		3			8	
3							9	5

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Letters

Immigrate as in times past

Much has been said about the crisis on our southern border. So many like to quote the poem on the base of the Statue of Liberty by Emma Lazarus: "Give me your tired, your poor, your huddled masses yearning to breathe free."

Stop it, please. Let's keep things in perspective. Nowhere does this poem suggest that the "huddled masses" should sneak across borders in violation of our immigration laws. Nowhere does it say free care will be given to those who break our laws. Nowhere does it imply that those who cheat in this entry will get a step up on those who follow the rules. Rather, the understanding was, at the time, that anyone, from any country regardless of his or her station, would be accepted through Ellis Island and given an equal chance to prosper. Just in the same manner as most of our ancestors entered orderly in the 19th and 20th centuries. The poem never meant "just storm the gates, we will provide for you." It called for the huddled masses who were "yearning to breathe," willing to struggle and succeed, not looking for a handout or a free ride. There is a system to enter this country legally. Granted, it may be slow and inefficient. Let's improve it.

E. CAMPBELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

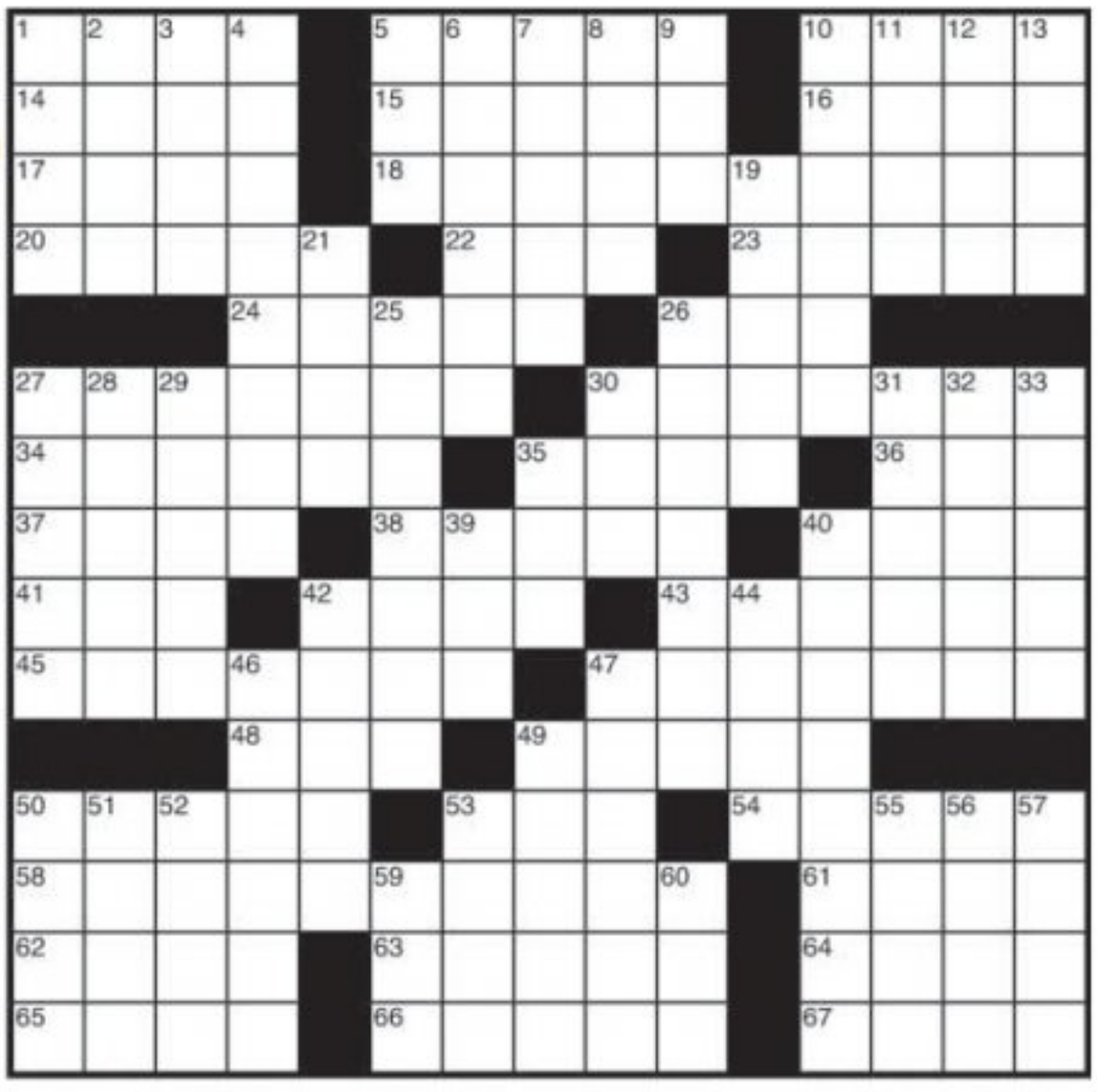
Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Fuzzy fruit
5 Flagpole
10 Easygoing
14 Bond's alma mater
15 Jots
16 Like the Mojave
17 Bookish type
18 Deep-fried treats
20 Cornered
22 Hosp. workers
23 Happen next
24 Undeliverable mail
26 Bikini top
27 Eclair filling
30 Dropped a mot
34 Parthenon goddess
35 Artifice
36 Miscalculate
37 Contended
38 Matterhorn echo
40 Big name in Western novels
41 Architect's wing
42 Gentlemen
43 Isis' beloved
45 Talking up
47 Tries a bite of
48 It may be hard-boiled
49 Disgusted (2 wds.)
50 Pallid
53 Danson or Turner
54 Economy-size
58 Pipe clay
61 Director — Kazan
62 Cleveland's waters
63 About that time
64 Weeps
65 Ancient ointment
66 Map within a map
67 Elephant tooth

Down
1 Lois Lane's coworker
2 Roman highway
3 Became frayed
4 Started a paragraph
5 Incite Rover
6 Like a paperback romance
7 Repair a wrong
8 Online info
9 Tallahassee coll.
10 Brief sleep
11 Poetry and painting
12 Stead
13 Dept. store inventory
19 Chilling
21 Zoologist — Fossey
25 Radiology job (hyph.)
26 Gaggle of sightseers
27 Grottos
28 Good for something
29 Turtle's refuge
30 Vt. neighbor
31 Round gem
32 Bert's pal
33 Sheath
35 Rural rtes.
39 Assn.
40 Peppiest
42 Posters
44 Overconfident
46 Eyed wolfishly
47 Entice
49 Dreads
50 Hymn finale
51 Immunity shots
52 Whodunit suspect
53 Like a wafer
55 Matty of the diamond
56 Robin beaks
57 Chore
59 201, to Cato
60 Tumbler's pad



Weekend's answer

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3 SPORTS

Throwback

James to go back to No. 23

LeBron James is doing his old fans, if not the NBA, a favor. The Cavs forward will go back to his old No. 23 in Cleveland instead of the No. 6 he wore in Miami, meaning those who didn't burn his jersey on departure can dig their old jersey out of the closet. Of course, the NBA loses out on a swell of Cavs No. 6 purchases.

McCoy: Eagles 'always the favorites' in East

NFL. The Eagles running back feels they "can go somewhere special" in Chip Kelly's second season.

McCoy may have a little bit of pressure taken off his shoulder this season with Darren Sproles added to the backfield. / GETTY IMAGES

When head coach Andy Reid first brought the Eagles to the playoffs in 2000, many felt the team was building a lasting winner.

In an 11-5 season, Donovan McNabb emerged as a real threat at quarterback in just his second season in the league, and a stifling defense led by Brian Dawkins terrorized offenses across the NFL.

In Chip Kelly's first year as head coach — and first year as an NFL coach, period — the Eagles went 10-6 and nearly knocked off the veteran Saints in the divisional round.

Expectations are high that Kelly can repeat the success of last season and take this group to the next level.

"Last year was the beginning of something special," said running back LeSean McCoy. "We're working hard, through dedicating ourselves, and this is the first time since I've been on the team that everyone's really bought into the program. We want to win. ... I think it's realistic to say that this team can go somewhere special."

McCoy, who led the entire league in carries (314) and rushing yards (1,607) in 2013, will be leaned on heavily to repeat this type of performance on the ground, while quarterback Nick Foles looks to succeed again through the air.

His 2013 season — 27 touchdowns, two interceptions, 64 percent completions — will go down as one of the best in NFL history, but he's not thinking about that right now.

"The numbers I put up last year have zero effect on what I'm going to do this year," said Foles. "You can't let one season affect how you're going to play the next year. Everyone is 0-0 with high expectations, and I'm going to play like it's a new year."

Many are labeling this team the favorites to win the NFC East, despite the brutal schedule ahead of them. McCoy is fine with that label.

"To me, we're always the favorites," said McCoy. "I think we're going to be a good team with the players we got in the offseason. I think coach Chip and [general manager] Howie [Roseman] did a great job of getting these guys together. I'm confident as a group that we have all the necessary pieces to be a great team."

JEFF McMENAMIN
@MetroPhilly
sports@metro.us

Quoted

"Shady is great. His vision is amazing. The stuff I've seen from him so far, he can see a hole developing from 10 yards away. I'd say his vision is probably the best in the league."

Darren Sproles, on LeSean McCoy

SPROLES IS PLAYING WITH MCCOY FOR THE FIRST TIME. GETTY IMAGES

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Ryan Howard's home run on Sunday gave him 16 long balls for the season. / GETTY IMAGES

Phillies in tough spot on Howard

MLB. Veteran slugger Ryan Howard is not producing and hasn't improved.

Visit **Metro.us** to see Hunter Pence discuss his former teammate's year.

Large power hitters typically have a short shelf life after hitting 33 years old. All of Red Sox and mets slugger Mo Vaughn's skills seemed to vanish overnight when he reached 33.

Much like Vaughn, the second-most prolific home run hitter in Phillies history, Ryan Howard, is in a downward spiral. The Phillies now have to decide if they can salvage something or cut bait.

"You don't mess with Howard," then-manager Charlie Manuel said three years ago. "He hits a certain way and it works."

There was no arguing that from 2005 to 2011. Howard was the game's greatest run producer during that period. During that stretch, Howard drove in more runs to tie or give his team the lead than any MLB hitter. Not bad, considering such lionized sluggers as Albert Pujols and Alex Rodriguez were knocking in runs at a prolific rate at that time.

But Howard's skills have eroded at the plate and especially in the field, where he is a defensive liability. General manager Ruben Amaro has stated the Phillies will hold on to Howard, but reports indicate the Phillies are considering releasing Howard and eating $60 million owed to him after the 2014 season.

"I don't think that's a good idea," an AL scout said. "The Phillies would have to take care of every cent of that contract, and I guarantee you some team, an AL team, will sign Howard and DH him. Maybe he'll find himself and do a lot of damage in the American League. How will the Phillies look then?"

ED CONDRAN
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Phillies 4, Diamondbacks 2

Phillies salvage last game of homestand

Ryan Howard rekindled some old memories with a 1-for-3 day and a home run as the Phillies beat Arizona, 4-2, Sunday.

Roberto Hernandez also looked good with his second strong outing in the last three starts. Hernandez (5-8) allowed just four hits and two earned runs in seven innings.

Jonathan Papelbon made things a little nervewracking in the ninth inning, as usual, but picked up his 25th save. He allowed singles to David Peralta and Miguel Montero before getting Martin Prado to ground into a game-ending double play. Ken Giles struck out one as the setup man for Papelbon.

Hernandez lowered his ERA to 4.14. / GETTY IMAGES

Former Yankee Vidal Nuno (0-2) took the loss for Arizona.

After starting a quick homestand 0-3, the Phillies rebounded by winning three out of four. They will hit the road for two intradivision series in New York and Washington beginning Monday.

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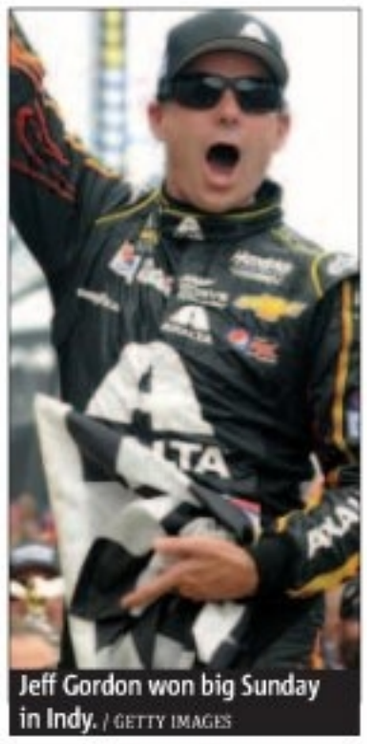
Maddux talks farts at HOF ceremony

Atlanta Braves pitching great Greg Maddux took his place among baseball's all-timers Sunday as he was inducted into the sport's Hall of Fame.

Spicing up the ceremony was Maddux's tale of his brother Mike lighting farts on fire.

"My brother Mike [Maddux] led by example. ... I was very fortunate to have a brother I could learn from," Maddux said. "He even taught me a little about science. It has to do with methane and a lighter, and I still get a huge kick out of it today." **MATT BURKE**

NASCAR. Gordon captures record fifth win at Brickyard 400



Jeff Gordon won big Sunday in Indy. / GETTY IMAGES

Jeff Gordon made history Sunday as he raced to a NASCAR-record fifth victory at the Brickyard 400 at Indianapolis Motor Speedway.

Gordon excelled in the final restart of the race as he passed Kasey Kahne with 17 laps left.

"I finally made the restart of my life when it counted most," Gordon told ESPN. "I knew we had a great race car, we just needed to get out front."

Kyle Busch finished second with Denny Hamlin and Matt Kenseth right behind.

Gordon's record-breaking win wasn't the only big story coming out of Indy Sunday as Carl Edwards announced two hours prior to the start of the race that he will no longer race for Roush Fenway Racing after this NASCAR season.

MATT BURKE

By the numbers

5

Jeff Gordon won his fifth Brickyard 400 title on Sunday. Gordon also won the race in 1994, 1998, 2001 and 2004.

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CASH GUARANTEED
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On Any Large Vehicle
NO

We Buy Junk Cars/Trucks
WILL PICK YOUR CAR
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OLALUS INSTITUTE
NURSE AIDE TRAINING CENTER (C.N.A.)
DAY & EVENING CLASSES AVAILABLE

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C.N.A PROGRAM
We are an Approved On-Site Testing Facility

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Kaplan Career Institute
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Information about programs at
www.kaplancareerinstitute.com/consumer-info.

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In less time than you think you could train for a new career!
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Pharmacy Technician
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177 Franklin Mills Blvd., Philadelphia, PA 19154
3010 Market St., Philadelphia, PA 19104
Programs vary by campus.
Information about programs at
www.kaplancareerinstitute.com/consumer-info.

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Kaplan Career Institute
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Philadelphia, PA 19154
Information about programs at
www.kaplancareerinstitute.com/consumer-info.

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Saunders House
Is looking for nursing staff.
We require at least 6 mo. Experience for CNA's & 1 yr. experience for RN's/LPN's.
Go to our website to apply
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No Experience Needed • Looking to Hire and Train ASAP
$875/WK AVG PLUS FULL BENEFITS
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LOOKING TO HIRE IMMEDIATELY
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For an interview please call
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MISCELLANEOUS

MISSING PERSON

Jay Michael Wilson, age 40, was last seen at Northeast Philadelphia Libary the 3rd of July with health problems.

Anyone who has information please contact the following email address: lostpersonana@gmail.com

Miscellaneous

REDUCE YOUR CABLE BILL!
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Will pick-up.
Call James
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DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 6PM

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Broker/Owner

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Mariana Bracetti Academy Charter School
Board of Trustees Meeting
12 Noon; 7/29/2014
1840 Torresdale Avenue
Philadelphia, PA 19124

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Take control of your drinking. Clinical trials of new medications for the treatment of alcohol problems are being conducted at The University of Pennsylvania's Treatment Research Center. This research study is open to both men and women. No insurance is needed.

To learn more, call **215-243-9959**

NCIG NIAAA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES National Institutes of Health

Penn
University of Pennsylvania

SLEEP STUDY

University of Pennsylvania sleep research studies. Must be healthy, 21-50 years old with a regular sleep schedule. Financial compensation will be provided.
call: **215-573-5855**

Have you had a TERRIFYING EXPERIENCE?

Are you still haunted by the memory even though you try to forget it?

AND

Are you **SMOKING** cigarettes but **WANT TO QUIT?**

You may be eligible for a research study with 12 weeks of counseling and medication.

Financial compensation up to $485 is provided for eligible persons.

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UPenn Center for the Treatment & Study of Anxiety

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2007 GMC Envoy SLE	**2006 Buick Rendezvous CX**	**2006 Ford Explorer Eddie Bauer**	**2005 Buick Terraza CXL**	**2005 Cadillac STS**	**2005 Cadillac SRX**
AWD, Satellite Radio, Privacy Glass	Reclining Rear Seats, OnStar, Privacy Glass	AWD, Reclining Rear Seats, Privacy Glass	DVD, Reclining Rear Seats, OnStar	One Owner, Moon Roof, Leather	Leather, OnStar, CD, Privacy Glass

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Have you or a loved one been diagnosed with schizophrenia?

If so, contact us today to learn about clinical research studies of investigational schizophrenia medications for adults ages 18 to 65.

Qualified participants receive
all study-related medical care and investigational medication at no cost.

Qualified participants may receive
total compensation ranging from $3,000 to $10,000 for time and travel.

For more information, call toll-free **1.888.442.9012**

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Have you been *diagnosed with* ADHD?

If so, please contact us about our research study of an investigational medication.

Those who qualify must:
- Be 18 to 55 years of age
- Have a diagnosis of ADHD
- Be available for overnight stays at the study clinic

Insurance is not required to participate and transportation is available.

Those who qualify receive study-related care and study medications at no cost.

Compensation up to $1,725 may be provided for time spent in the research study.

For more information call toll-free **1.888.436.3361**

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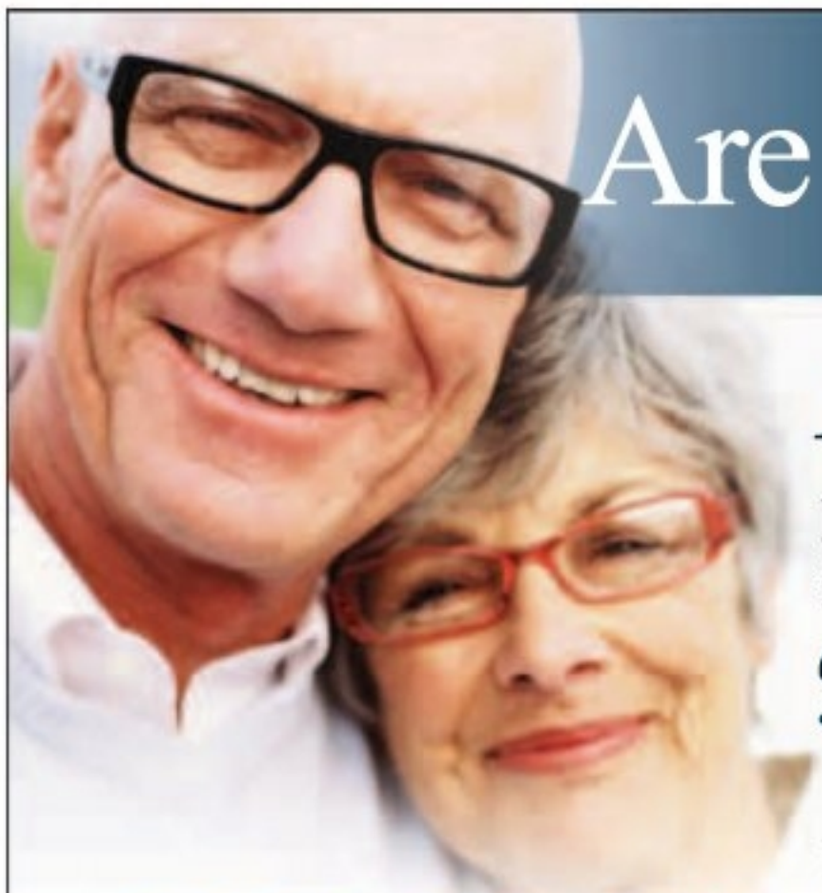

Are you age 65 *or older?*

If so, we need your help.

Right now, we're enrolling participants 65 years of age and older in important research studies of investigational medications.

Qualified participants must:
- Be at least 65 years of age.

Transportation is available.

Qualified participants receive:
- All study related evaluations and medication at no cost.
- Compensation from $700 to $4,000 for those who qualify

The persons depicted are models used only for illustrative purposes.

For more information, call toll-free **1.866.680.6672**

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